

Our team of caring health professionals will answer your questions and address your concerns with understanding and respect.

At Planned Parenthood Hudson Peconic you get:

Safe Space

We respect and honor all people regardless of age, race, religion, gender identity, sexual orientation, ethnicity, socio-economic background, and immigration status.

High-Quality Health Care

You will receive nonjudgmental professional treatment in a comfortable setting. Our team is dedicated to providing the highest quality care for you and your family.

Convenience

Same day appointments are available for many of our services.

Individual Attention

Our patients come from diverse social and economic backgrounds, but all get the individual attention they deserve. If you need a referral, we put you in touch with outside service providers including physicians, nutritionists, public and private agencies, clergy, and therapists.

Affordability

We welcome patients of all income levels and provide high-quality care at affordable prices. Medicaid and many private insurance plans are accepted. Fees for most of our services are based on a sliding scale tied to income and family size.

Privacy

When you talk to us, it's confidential.

For Free. For Real.

New York State's Family Planning Benefit Program offers **FREE** annual gynecological exams, birth control, family planning counseling, and more, for family planning patients who meet income and residency requirements, complete an application, and provide documentation.

Visit www.pphp.org for more information.

ADMINISTRATIVE HEADQUARTERS

570 Taxter Road, Elmsford, NY
(914) 467-7300

SUFFOLK REGIONAL OFFICE

70 Maple Avenue, Smithtown, NY
(631) 361-7526

HEALTH CENTERS

Suffolk County

Huntington 755 New York Avenue, 3rd Floor
Patchogue 450 Waverly Avenue
Riverhead 877 East Main Street, Suite 109
Smithtown 70 Maple Avenue
West Islip 180 Sunrise Highway

Westchester

Mount Vernon 6 Gramatan Avenue, 4th Floor
New Rochelle 247-249 North Avenue
White Plains 175 Tarrytown Road
Yonkers 20 South Broadway, 11th Floor

Rockland County

Spring Valley 25 Perlman Drive, 2nd Floor



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HudsonPeconic



@pphp



PPHPHealth

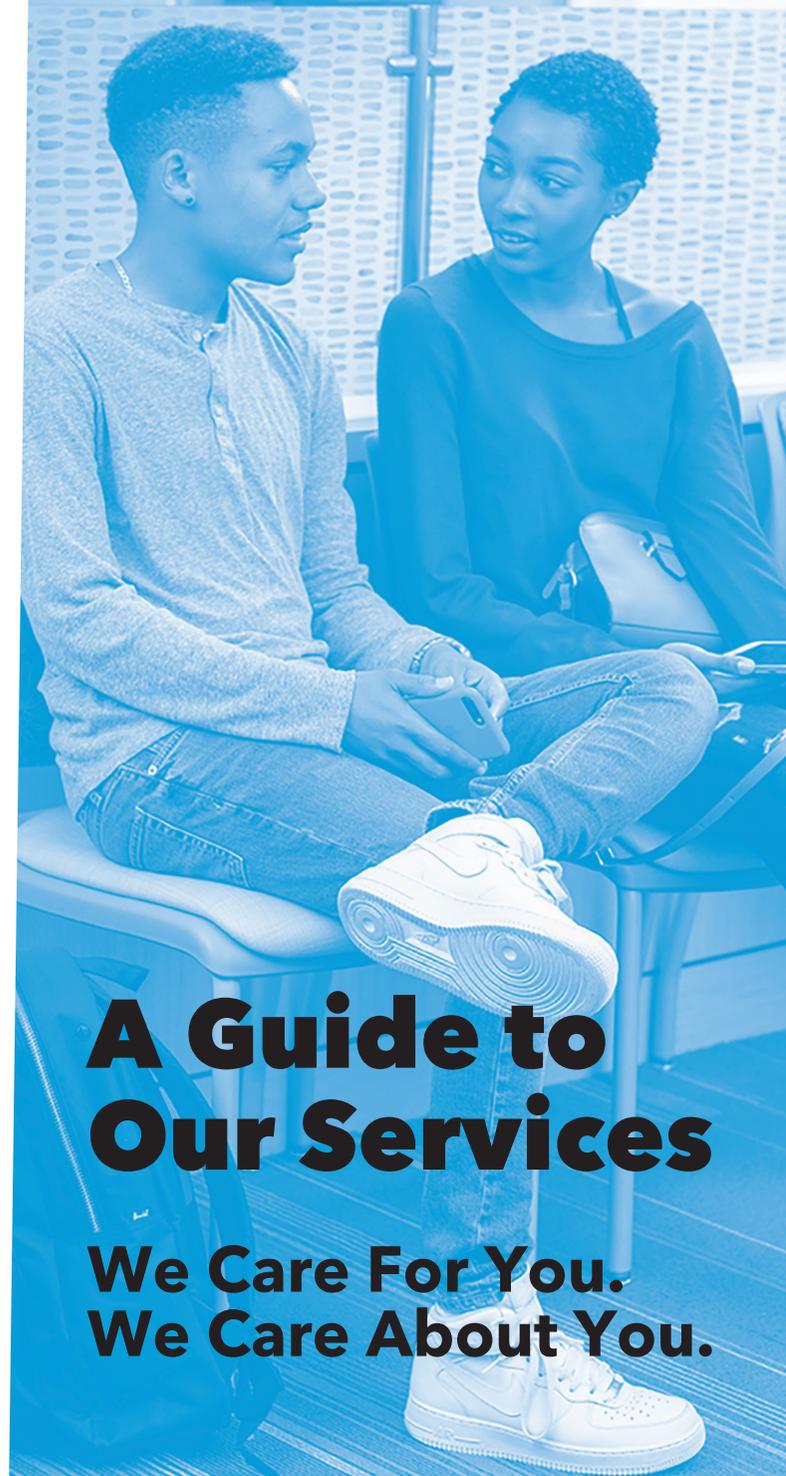


Planned Parenthood Hudson Peconic

Planned Parenthood Hudson Peconic (PPHP) is licensed by the New York State Department of Health and provides reproductive health and education services.



Planned Parenthood Hudson Peconic



**A Guide to
Our Services**

**We Care For You.
We Care About You.**



Patient Services

Birth Control We provide many forms of birth control (prescription and non-prescription), including intrauterine contraceptive device (IUC), implant, shot, pill, patch, vaginal ring, condoms, and information on fertility awareness methods and abstinence. Certain methods of birth control can be prescribed without a pelvic exam.

Emergency Contraception You can prevent pregnancy for up to 5 days after unprotected sex. Emergency contraception (EC) is a safe and effective way to reduce the risk of pregnancy after unprotected intercourse. The sooner EC is taken after unprotected intercourse, the more effective it is. EC can be purchased at our health centers or by prescription.

Pregnancy Testing & Options Counseling A pregnancy test is available upon request. Our specially trained medical staff will answer all your questions about the results of your test, discuss your options, and provide information and referrals.

Abortion Services We provide abortion services in a caring, comfortable environment. We offer medication and in-clinic abortion services. Ask our staff about abortion options, fees, and where services are available.

Prenatal Care Consistent prenatal care that begins as soon as you know you are pregnant, and continues through delivery, is vital for a healthy pregnancy. Our prenatal program includes regular checkups, nutritional counseling, parenting information, and information from our social workers. For expectant parents who are eligible, we will help you enroll in Medicaid for Pregnant Women. We also accept participating Medicaid Managed Care plans. Our patients deliver at local hospitals.

Gender Affirming Care We provide gender affirming hormone therapy for transgender and gender expansive people. We provide this service to those who are age 18 and over and we do not require a mental health clearance prior to starting hormones.

Gynecological Care A comprehensive gynecological exam is your first and best defense against many life-threatening illnesses. An exam may include screening for cervical cancer (Pap test), breast/chest cancer, and sexually transmitted infections (STIs).



STI Testing & Treatment Education on effective STI prevention, as well as screening, testing, and treatment for the most common STIs, including chlamydia, gonorrhea, herpes, HPV, and genital warts is offered. We also do testing for syphilis and hepatitis A, B, and C. We offer some STIs screenings without an exam, including non-invasive urine tests for gonorrhea and chlamydia. With early detection, most STIs can easily be treated with antibiotics.

HIV Testing With Rapid HIV testing, you can have your results in minutes. At our health centers and SmartWheels mobile units, HIV testing is done in a strictly confidential environment.

HPV Vaccine We offer HPV vaccine to protect people age 9 through 45 against the human papillomavirus (HPV). HPV can cause changes to the cervix, including genital warts and cervical cancer. For maximum protection, the vaccine should be given before becoming sexually active but can be given after.

PrEP & PEP PrEP, Pre-Exposure Prophylaxis, is a daily pill that can help you prevent HIV. Taken within 72 hours, PEP, Post-Exposure Prophylaxis, can help protect you if you had anal or vaginal sex without a condom with someone who has, or might have, HIV.

Menopause Management Services Along with standard gynecological care, mid-life services include menopause counseling, temporary hormone therapy, guidance on general health and well-being, and referrals for mammograms and bone density scans.

Health Services for Teens It's important for teens to start and maintain preventive reproductive health care early. Teens are always welcome at our health centers. Although we encourage you to involve your parent or guardian, if you want to keep your visit confidential, we will honor your wishes.

To schedule your appointment visit www.pphp.org or call 800-230-PLAN. Many appointments are available the same or next day.